

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.

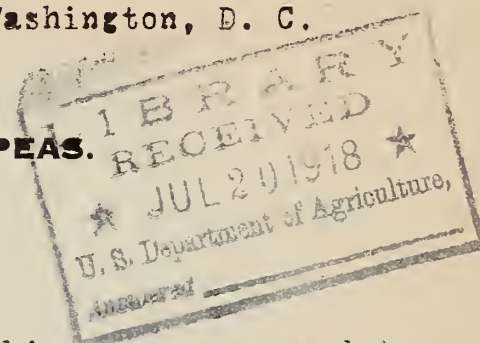


## Cooperative Extension Work in Agriculture and Home Economics

U. S. DEPARTMENT OF AGRICULTURE,  
AND STATE AGRICULTURAL COLLEGES  
COOPERATING.

STATES RELATIONS SERVICE,  
OFFICE OF EXTENSION WORK, SOUTH,  
Washington, D. C.

### ATTRACTIVE WAYS OF USING COWPEAS.



To County Home Demonstration Agents:

Since there is a large surplus of cowpeas just at this season we need to stress attractive ways of using them. They are a nourishing food and make good meat substitute dishes. The cowpeas for the loaf, croquettes and for salads are better if cooked in a fireless cooker from 4 to 6 hours.

**HOPPING JOHN.** Soak 1 qt. of dried cowpeas over night in water enough to cover. Cook until they are tender, adding more water if necessary. Cook a pint of rice in 3 pts. of water; mix the two, season with 2 tbsp. of butter and 2 tsp. of salt. A little beef or pork may be added to the water in which the peas are cooked.

#### CREAM OF COWPEA SOUP.

1 tbsp. butter	2 c. milk	1 c. cooked cowpeas (green or dried)
1 tbsp. flour	1 tsp. sugar	Salt
		Few drops onion juice

Melt the butter, add the flour, and cook thoroughly, being careful not to brown it. Add the milk and bring the mixture to the boiling point. Put the peas through a sieve; add peas and seasonings to the milk and reheat. If too thick, add milk or water. Serve with croutons made by heating buttered bread in the oven until it is brown, and cutting it into small pieces.

#### BAKED COWPEAS AND CHEESE. (A Meat Substitute)

1 tbsp. butter	1 tbsp. finely chopped sweet	2 c. cooked cowpeas
1 tbsp. finely chopped onion	green pepper	$\frac{1}{2}$ c. grated cheese

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper in the butter, being careful not to brown, and add them to the peas and cheese. Form the mixture into a roll, place on a buttered earthenware dish and cook in a moderate oven until brown, basting occasionally with butter and water. Serve hot or cold as a substitute for meat.

#### BAKED TOMATOES WITH COWPEAS.

Cut the tops from ripe tomatoes of uniform size, remove the pulp, and add it to the mixture described in the recipe for baked cowpeas and cheese. Salt the tomatoes on the inside and fill them with the cowpea mixture. Bake on a buttered dish until the tomatoes are soft.

#### DRIED PEA LOAF.

2 c. cooked peas	2 tbsp. fat.	1 c. bread crumbs	$\frac{1}{2}$ tsp. salt
1 egg slightly beaten	1 tbsp. finely minced onion		$\frac{1}{2}$ tsp. pepper

Combine ingredients and shape the mixture into a loaf. Bake for 25 to 30 minutes. The loaf is more delicious and attractive if served with Tomato or Creole Sauce.

### TOMATO SAUCE.

1 c. strained tomato pulp	1 tbsp. cornstarch	$\frac{1}{4}$ tsp. salt
2 tbsp. fat	1 slice onion	$\frac{1}{2}$ bay leaf
		A dash of cayenne

Cook the tomatoes with the onion and bay leaf until tender and rub them through a sieve. Melt butter, add flour, and rub the mixture to a smooth paste. Add the strained tomato pulp and seasoning. Stir the mixture constantly and cook until it thickens.

### CREOLE SAUCE.

1 pt. tomato sauce (about the consistency of ketchup)	2 tbsp. chopped onion	$\frac{1}{2}$ c. red pepper
$\frac{1}{2}$ c. green pepper (cut in 1 in. cubes or strips)	1 tbsp. sugar	(cut in 1 in. cubes)
$\frac{1}{2}$ tbsp. minced parsley	2 tbsp. butter	1 tbsp. celery seed
	4 tbsp. minced ham or bacon	(crushed)
	1 bay leaf	Season with salt & pepper

Make tomato sauce by first cooking the tomatoes and putting them through a sieve. Cook the pulp until about the consistency of ketchup. Chop the onion and fry in the butter until yellow, add the pepper, tomato sauce, ham, and seasoning, and simmer for half an hour. Serve hot.

### PEA CROQUETTES.

1 pt. cooked pea pulp	1 tbsp. onion juice	$\frac{1}{4}$ tsp. salt
1 c. thick white sauce	$\frac{1}{2}$ tsp. pepper	

Mix all the ingredients and allow them to stand for 2 or 3 hrs. Shape the mixture into croquettes, roll in bread crumbs, beaten egg, and crumbs again. Fry until brown and serve hot with Creole Sauce.

### CREAM SAUCE.

2 tbsp. butter	2 tbsp. flour	$\frac{1}{4}$ tsp. salt
1 c. milk	2 grains pepper	

Melt the butter in sauce pan, being careful it does not burn; add the flour and rub smooth. Add the milk,  $\frac{1}{3}$  at a time, stirring to mix well and allow it to boil after each addition of milk. Beat well.

The first four recipes have been reprinted from Farmers' Bulletin 559. This bulletin, and also the U. S. Food Leaflets #8 and #14, contains other very attractive recipes for the use of cowpeas. You can secure copies of the Food Leaflets from your State or county agent. Farmers' Bulletins may be obtained from the Secretary of Agriculture, Washington, D. C.

Approved:

*Bradford Knapp.*

Chief.